

# BREAKFAST

#### TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ) / Quinoa Soy Linseed (1419kJ)	6
Gluten Free (856kJ)	7
Fruit Loaf with Ricotta & Honey (2150kJ)	7
served with strawberry jam (150kJ) / peanut butter (27	3kJ)
/ vegemite (35kJ) add extra condiment +0.5	

#### EGGS AS YOU LIKE

10

Served on sourdough toast (see extras) Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

#### **BREKKIE WRAP**

Bacon, scrambled eggs, hash brown, tomato relish, lettuce,	
hollandaise sauce in spinach wrap or milk bun (3370kJ)	14
Add cheese (+276kJ) +1 / avo (+994kJ) +2	

#### **BREKKIE BURGER**

Bacon, fried egg, hash brown, lettuce, house tomato relish,	
tomato, aioli on a soft milk bun ( <i>3370kJ</i> )	14
Add cheese (+276kJ) +1 / avo (+994kJ) +2	

#### HOUSE BAKED GRANOLA BOWL

House baked granola, sweetened yogurt, açaí compote, seasonal berries, coconut chia pudding, crushed strawberry (2970kJ) 16

#### OMELETTE gfor

Roasted mushrooms, braised tomato, tempura batter bits, mozzarella, and chives served with toasted bread (2250kJ) 16 Add chicken (+718kJ) / ham (+453kJ) / smoked salmon (+561kJ) +4

#### CRUSHED AVO DELIGHT V

Crushed avo, tomato salsa, green balsamic, poached egg, whipped Persian fetta, chilli, chives with toasted sourdough (2640kJ) 18

#### SALMON BENNY

Smoked salmon, toasted sourdough, sweet corn salsa, smashed avo, poached eggs, hollandaise, chives (*3260kJ*) 20 **Or, swap the salmon for ham** (*2920kJ*) **or bacon!** (*3210kJ*)

#### GRILLED HALLOUMI STACK V gfor

Spiced eggplant, heirloom tomato, raisin, grilled halloumi, coriander, sautéed kale, Spanish onion, poached egg, harissa on sourdough (2290kJ) 18

#### SWEET CORN FRITTERS

Tempura sweet corn fritters, house tomato relish, chilli, tomato & avo salsa, poached egg, whipped Persian fetta, Asian herb salad (*1780kJ*) 18

#### CAULIFLOWER SHAKSHUKA V

Slow braised cauliflower, potato, tomato, coriander, onion, spices, chives, whipped feta, and eggs served with toasted sourdough (*1520kJ*)

18

#### **BREAKFAST GNOCCHI**

Home-made potato gnocchi, roasted tomato, chorizo, shallots, chilli, parmesan snow, crispy potato skins, poached egg (*3590kJ*) 19

#### LEAF BREKKIE V

Two poached eggs, grilled halloumi, hash brown, mushrooms, sautéed kale, smashed avo, roasted tomato with toasted sourdough (*3760kJ*) 22

#### **BIG BREAKFAST**

Two eggs your way, grilled chorizo, bacon, hash brown,crushed avo, roasted mushrooms, roasted tomatoserved with toasted sourdough (4440kJ)24

#### ΗΟΤϹΑΚΕ <sup>ν</sup>

Seasonal berries, mixed caramelized nuts, toasted coconut, whipped vanilla ricotta, Ferrero Rocher, fairy floss and genuine maple syrup (3490kJ) 18

3

#### EXTRAS

Poached Egg (345kJ) / Hash Brown (553kJ) / Roasted Tomato (86kJ)

Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ)

5

5

7

Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (784kJ) 4 Potato Chips (*1192kJ*) Sweet Potato Chips (*809kJ*)

Please notify staff of any food allergies.

The average adult daily energy intake is 8700kJ



# SALADS

#### ROASTED PUMPKIN SALAD $\,^{v}$

Roasted pumpkin, pepita seeds, whipped Persian fetta, kale, avo,			
roasted Spanish onion, tomato, balsamic glaze (2300kJ) 18			
<b>Add avo</b> (+994kJ)	+4	Add chicken (+718kJ)	+5
Add halloumi (+722kJ)	+4	Add smoked salmon (+561kJ)	+5

#### CHICKEN SUPER FOOD SALAD

Roasted pumpkin, harvest corn, red onion, tomato, quinoa, kale, chia seeds, sous-vide chicken fillet, with honey mustard dressing (1460kJ) 18 Add halloumi (+722kJ) +5

## BURGERS & SANDWICHES

#### **GRILLED CHICKEN WRAP**

Grilled chicken, hummus, avo, corn, onion, lettuce, cucumber, sweet chilli mayo, tomato in a spinach tortilla wrap (*2830kJ*) 14

#### **CRISPY FRIED CHICKEN BURGER**

Crispy fried chicken fillet, lettuce, coleslaw, kewpie mayo, Japanese BBQ sauce on a soft milk bun with chips (*5090kJ*) 18

#### **BAD BOY BURGER**

Wagyu beef patty, house tomato relish, grilled bacon, lettuce,		
tomato, tempura onion rings, melted cheddar cheese		
and aioli on a milk bun with chips (6090kJ)	20	

#### **STEAK SANDWICH**

Grain-fed sirloin (150g), tempura onion rings, lettuce, tomato, house tomato relish, roasted garlic aioli with chips (4890kJ) 22

# MAINS

#### ALL THINGS GREEN gfor

Brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (*2430kJ*) 18 Add grilled chicken (*+718kJ*) **+5** 

#### **CHICKEN SCHNITZEL**

Panko crumbed chicken breast fillet, cabbage slaw, chips, and creamy mushroom sauce (*3780kJ*) 18 Make it parmigiana! (+280kJ) top with tomato ragu and mozzarella +3

#### FISH & CHIPS

Crispy battered Hoki fillets, chips and tartare sauce (3330kJ) 18

#### SALMON RICE BOWL

Teriyaki marinated salmon, brown rice, edamame, avo, greens, kewpie mayo, furikake, chives (*3850kJ*) 23

<b>KID'S MENU</b> Served with Kid's AJ (+480kj)	
Kid's Ham & Cheese Toastie (1460kJ)	10
<b>Kid's Brekkie</b> Scrambled egg, hash brown, with toast ( <i>1590kJ</i> )	10
<b>Kid's Chicken Nuggets</b> With chips, tomato sauce (2650kJ)	10
<b>Kid's Cheeseburger</b> With wagyu beef, cheese, BBQ sauce, chips ( <i>3960kJ</i> )	14

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# DRINKS

## **BREW BAR**

#### **COLD DRIP COFFEE**

A slow, four to six hour extracted coffee. Sweet, liquor like flavour with low acidity. Sold in a bottle. Served on ice. (2kj) 6

#### HARIO V60

Hario V60 pour over gives the barista complete control over brewing extraction. This produces a clean after taste with a well rounded flavour of our single origin coffee. 6  $(2k_i)$ 

3.2

3.7

3.7

#### **ESPRESSO**

**FLAVOURED** Chai Latte (910kj)

Green Tea Latte (929kj)

4.2

1.5

Ristretto (2kj) Short Black (2kj)

#### Long Black (4kj)

Babycino (133kj) upsize +0.7

#### Macchiato (61kj) Piccolo (197kj) Flat White (451kj) Latte (541kj)

Cappuccino (451kj)

#### upsize +0.7

#### **BELGIAN HOT CHOCOLATE / MOCHA**

We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.

HOT CHOCOLAT	E 4.7	мосна	4.7
White	(979kj)	White	(937kj)
Milk	(1250kj)	Milk	(933kj)
Dark	(1080kj)	Dark	(924kj)

#### upsize +1.0

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Decaf (2kj) / Extra Shot (2kj)	0.5
Almond Milk (231kj) / Soy Milk (361kj)	0.7
<b>FLAVOUR</b>   Caramel ( <i>270kj</i> ), Hazelnut ( <i>274kj</i> ), Vanilla ( <i>274kj</i> ), Mint ( <i>280kj</i> )	0.7

#### **ORGANIC LOOSE LEAF TEA**

Temperature controlled, brewed to perfection.	4.5	
<b>GOOD MORNING</b> Our luxurious take on English Breakfast Tea ( <i>2kj</i> )		
<b>EARL GREY BLUEFLOWER</b> Ceylon Orange Pekoe Black Tea infused with bergamot ( <i>2kj</i> )		
<b>GENMAICHA (KYOTO JAPAN)</b> Brothy Kyoto Green Tea with toasted rice ( <i>2kj</i> )		

#### SILVER JASMINE (ZHEJIANG)

Silver tipped Green Tea, infused with jasmine blossoms (2kj)

#### DIGESTIF

Mint, lavender and fennel seeds to aid digestion (2kj)

#### HEAL

Lemongrass and ginger blend to restore minerals (2kj)

### WHITE PEONY (FUJIAN)

Lightly biscuity White Tea, high in antioxidants (2kj)

#### MASALA CHAI

Authentic Indian recipe of spices with an Assam Tea base (465kj)

## PLEASE ORDER AT THE COUNTER

## **COLD BEVERAGE**

		-	
ICED ESPRESS Iced Long Black ( Iced Latte (1050k) Iced Coffee (1450	4kj) ;)		5.5 5.5 6.5
Salted Caramel A		70kj)	6
<b>BLENDED</b> Iced Coffee (1700 Iced Chai Latte (9 Iced Green Tea La	10kj)		7 7 7
ICED CHOCOLAT	<b>E</b> 7.5	ICED MOCHA	7.5
White Milk Dark	(3020kj) (2957kj) (2900kj)	White Milk Dark	(2110kj) (2100kj) (2080kj)
HANDCRAFTE New Zealand Gol Lychee ( <i>712kj</i> ) Cranberry & Lime	den Kiwi & N	Mint (860kj)	6.5 6.5 6.5
ORGANIC ICED BREAKFAST LEM Ceylon Orange Po	ON MINT		
with fresh lemon j		611kj)	6
<b>LEMONGRASS &amp; GINGER</b> Caffeine-free cold tisane with fresh lemon zest (402kj) 6			
<b>EGYPTIAN ICE</b> Liquid Turkish delight ( <i>439kj</i> )			
COLD PRESSEE ORANGE   Straig		ce (600kj)	9
<b>GREEN</b>   Apple, pear, spinach & kale (830kj)			9
<b>RED</b>   Watermelon & strawberry ( <i>665kj</i> ) 9			9
FRUITY SMOO STRANANA Strawberry, banar		ney (1290kj)	7.5
<b>PASSION TANGO</b> <sup>df</sup> Pineapple, passionfruit, banana & mango ( <i>1330 kj</i> ) 7.5			7.5
<b>SUMMER SUNSET <sup>df</sup></b> Pineapple, mango, strawberry & kiwi ( <i>1290kj</i> )			7.5
BLACK POTION <sup>af</sup> Activated charcoal, blackcurrant, blackberry, cherry, blueberry & banana (1240kj)			8
<b>AÇAÍ ⁴</b> Açaí, blueberry, b	lackberry, b	anana (1420kj)	8.5
		40kj) / Salted Caram / or Banana (1290kj)	
Add Extra Ice	Cream (645k	<i>i</i> )	1

Please note, a surcharge of 10% applies on public holidays <sup>df</sup> Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ